

FRUITY THAI PITA POCKETS

Bored with the same old sandwich at lunch? Liven up packed lunches with this Thai-influenced pita pocket: a surprising blend of fruits, spinach and peanut sauce tucked in a very portable pita pocket.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

- 1 15-oz can Tropical Fruit Salad in 100% Juice
- 4 whole-grain pita pocket breads
- 4 cups fresh spinach, torn
- 1/4 cup fresh cilantro (optional)

Spread

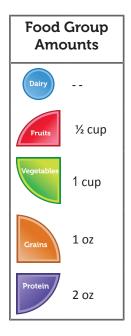
- 3 tbsp reserved juice from Tropical Fruit Salad
- 1/2 cup natural peanut butter, crunchy/chunky
- 3 tbsp fat-free cream cheese
- 1 tbsp low-sodium soy sauce

Apple 100x juic

DIRECTIONS:

- 1. In a colander over a bowl, drain fruit salad well; reserve 3 tbsp juice.
- 2. In a small bowl, whisk together reserved juice, peanut butter, cream cheese and soy sauce.
- 3. Place drained fruit, spinach and cilantro (if desired) in bowl, mix gently.
- 4. Add sauce and toss.
- 5. Slice a small portion off each pita and tuck sliver inside at the bottom.
- 6. Fill each pita pocket with the fruit-spinach mixture.
- Wrap individually in plastic wrap and refrigerate. Will keep well overnight.

Time-saving idea: Purchase pre-opened pita pockets.



Amount Per S	erving		
Calories 370		Calories f	rom Fat 150
		%Dai	ily Value
Total Fat 17g			26%
Saturated Fat 2	2q		10%
Trans Fat 0g			
Cholesterol 0)ma		0 %
Sodium 550m			23%
Total Carboh	-		14%
Dietary Fiber 6			24%
Sugars 13g	9		
Protein 13q			
Protein 13g			
Vitamin A 25%	6 •	Vitan	nin C 90%
			Iron 15%
Calcium 8%	•		
Calcium 8% * Percent Daily calorie diet. You or lower dependi	r Daily Valu	es may be calorie nee	higher ds:
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Recipe Submitted by Produce For Better Health Foundation



